

# 2016 Safety Campaign



**Preserving Combat Readiness  
Saving Lives**



# Fall/Winter Focus Areas



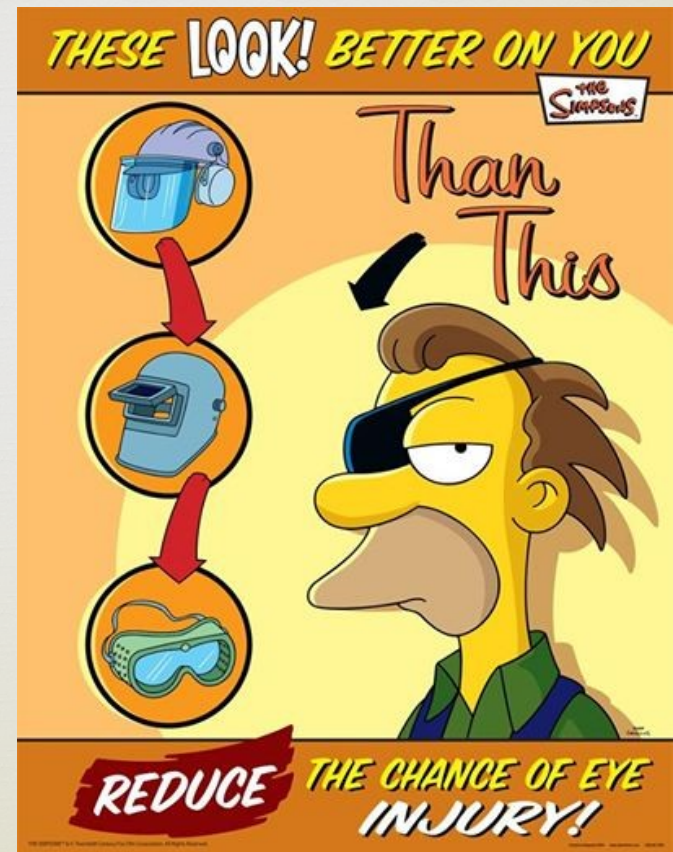
How Sailors & Marines Got Hurt

Traffic  
Safety

Alcohol  
Awareness  
Sexual Assault

Suicide  
Awareness  
Firearms

Do's & Don'ts





# How Sailors and Marines Got Hurt

Top Five Off-Duty Injury-Producing Activities

Sept 2015-Feb 2016



1. Motor Vehicle

- 551 Injuries

2. Basketball

- 146 Injuries

3. Football

- 107 Injuries

4. Weight Lifting

- 43 Injuries

5. Soccer

- 41 Injuries

# Who's At Risk?



## **EVERYONE!**

**Although most mishaps involve Sailors and Marines between the ranks of E-1 and E-4, mishaps involve both men and women, officer and enlisted. Many of the mishaps are not caused by a lack of experience but by weather and holiday distractions.**

**The best way to avoid a mishap is to slow down and do it the right way the first time. You may not get a second chance.**

# Did You Know?



- ▮ You can still dehydrate in cold weather
- ▮ Loose layers will keep you warmer than a tight-fitting sweater or jacket
- ▮ Smoke detector batteries should be changed and tested
- ▮ Check your decoration lights for frays, shorts, and cuts to prevent fires and electrocution
- ▮ Fake trees can still catch fire
- ▮ Monitor your credit card and bank accounts for fraudulent access while shopping, especially online
- ▮ Before you travel, check the weather and traffic reports



# Before You Leave



- ▮ Ensure you packed all your belongings and needs safely in the vehicle
- ▮ Do not place items near the pedals, steering wheel, or gearshift
- ▮ Check lights, tire pressure, fluids, and roadside equipment – Reference your owner's manual for specifications
- ▮ When pumping gas, do not top-off your tank as this can cause spillage

# Fighting Fatigue



- ▮ Start every trip well-rested
- ▮ If possible, drive during daylight hours
- ▮ Schedule breaks every two hours
- ▮ Step out of the vehicle and walk around for at least 10 minutes
- ▮ Never drink and drive
- ▮ Pull over if you get tired
- ▮ Caffeine is not a substitute for sleep



# Use TRiPS for your Trip



- TRiPS = Travel Risk Planning System
- Easy, online risk assessment that helps you recognize and reduce travel risks
- Supervisory involvement is key
- You have the option of online and a downloadable pdf.

Access TRiPS at  
<https://trips.safety.army.mil/>



# It's No Laughing Matter

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Alcohol-related mishaps  
kill and injure Sailors  
and Marines every  
year between Labor  
Day and New Year's  
Day

In FY16, alcohol was a  
factor in **55** mishaps  
Of those mishaps **8** had  
fatalities

There is always a safer  
ride home



# Alcohol Awareness

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## ▮ Drinking Facts:

- ! Absorption of alcohol depends on
  - ▮ Your size, weight, body fat and gender
  - ▮ Amount of alcohol consumed
  - ▮ Amount of food in your stomach
  - ▮ Use of medications

## ▮ Helpful Hints:

- ! Never drink alone
- ! Have a sober person with you if you go out
- ! Have a backup plan
- ! Charge your phone before you leave
- ! Save the numbers of at least three cab services

# Alcohol Awareness Discussion Questions



- What do you think the Navy/Marine Corps culture is regarding alcohol?
- Has this culture changed? For better or worse?
- What would you do if you were at a party and had too much to drink?
- What are other options for getting home safely?
- What are other issues (besides driving)



# How Do You Know if You Need Help?



- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won't?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the

# Resources



If you answered yes, even once, to the questions on the previous slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting [www.tricare.mil/ProviderDirectory/](http://www.tricare.mil/ProviderDirectory/)  
<http://www.tricare.mil/mtf>
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP

# Preventing Sexual Assault:



- See something, say something
- Directly approach potential problems and express concern
- Involve friends, witnesses and authorities
- Distract the predator and remove the potential victim
- Don't leave potential victims alone
- Anyone can be a victim
- Alcohol and drugs are not excuses for assault



# Preventing Sexual Assault

## Be an Active Bystander

<b>Direct Approach</b>	<ul style="list-style-type: none"><li>• Talk to your friend to ensure he or she is doing okay</li><li>• Pull your shipmate aside and say you think the situation is dangerous</li><li>• Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation</li></ul>
<b>Involve Others</b>	<ul style="list-style-type: none"><li>• Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink</li><li>• Grab a friend or two before speaking with the potential perpetrator</li><li>• If the situation seems to be escalating, call the police</li></ul>

# Preventing Sexual Assault

## Be an Active Bystander

<b>Distracti on</b>	Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”)
<b>Be a Third Wheel</b>	If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them.

# Discussing SAPR



- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?





# Suicide Warning Signs

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- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness
- ACT: Ask, Care, Treat



For resources, visit [www.suicide.navy.mil](http://www.suicide.navy.mil)

# Suicide Help



- ❑ Never leave the person alone
- ❑ Take every threat of suicide seriously
- ❑ Do not make jokes or “dare” them to do it
- ❑ Listen to what they are saying
- ❑ Take them to a facility for help – this includes the Chaplain, hospital, or senior leader
- ❑ If they refuse to leave, call for help
- ❑ It is NOT about you

# Firearm Rules



- ❑ Assume every firearm is loaded
- ❑ Never point the firearm at anything you aren't willing to kill
- ❑ Always check and recheck the safety
- ❑ Never store the firearm and ammo in the same place
- ❑ Never leave the firearm in out unless it is in your holster, hands, being cleaned
- ❑ Ensure firearm cannot be accessible to children or untrained adults



# Three-Points Security



- ▮ A Three-Points Security measure is a safe way to secure a firearm when it is not in use
- ▮ Note: These are only suggestions not requirements
- ▮ An example:
  - ⚠ Gun is secured with a trigger lock or gun lock
  - ⚠ Gun is placed in a lockbox, ammo is secured in a separate location
  - ⚠ Lockbox is stored in a closet with a lock on a high shelf or in a larger gun safe



Do

Ensure all candles are blown out at night

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Unplug decorations before going to bed or leaving the house

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Secure all doors and before bed and leaving the house

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Don't

Post travel plans online in public forums

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Deep fry frozen foods, it may cause a fire or explosion

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Melt ice or snow with table salt

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# Veterans Crisis Line

## Call, Chat or Text

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 **Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

**IT'S YOUR CALL**

**Confidential help for  
Veterans and their families**

• • • • Confidential chat at **VeteransCrisisLine.net** or text to **838255** • • • •



# Frozen Turkey



- <https://www.youtube.com/watch?v=HgGf38ngXHw>



Manage those risks, and you'll have a fun and safe fall  
and winter season!



[www.public.navy.mil/navsafecen](http://www.public.navy.mil/navsafecen)

